WINNIPEG metro®

NEWS WORTH SHARING.

Pot without the munchies

...and the celebrity behind the idea. Page 11

PASS IT FORWARD

Three-year-old Harlen Levere helps pass books from the former Charleswood Library location at 5014 Roblin Blvd. to the new library that opened Monday in Charleswood Square Mall. For more about the new library, go to page 3. SHANE GIBSON/METRO

City to extend meter hours

Paid parking. WPA wants faster turnover times and more visits to downtown

COLIN FAST
winnipeg@metronews.ca

Parking near MTS Centre is about to get more expensive.

On Monday, the city's alternate service delivery committee approved a proposal from the Winnipeg Parking Authority to extend paid parking hours to 8:30 p.m, Monday through Saturday in a one-block circle around MTS Centre. Cars will also only be able to remain in the same spot for two hours.

"Our data has shown there's very little turnover after 5:30 p.m., when there's no further requirement to pay for parking," explained Randy Topolniski, the WPA's chief operating officer.

"That's not good for business growth or even for the residents who we're trying to attract downtown."

Topolniski said it's particularly a problem during hockey games or concerts at MTS Centre, when nearly every street parking spot is occupied for hours.

By extending the pay period to 8:30 p.m., the WPA said it hopes at least 15 per cent of downtown meter spaces will be free at any time, encouraging more short-term visits to shops, restaurants or the downtown library.

Committee chair Coun. Jeff Browaty expressed some concern about the impact the changes might have on downtown and said he didn't want to slow down business growth in the area.

"It's a wonderful problem to have, that so many people are coming downtown," he said.

If approved by council, the extended parking hours will start as a pilot project this summer. If it's effective in freeing up parking space, Topolniski said he will ask council to expand the pay zone.

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Auto theft

Bedbug-sniffing pups recovered

Winnipeg police say a pair of missing pups were recovered after an "ambulance-style" vehicle carrying 10 bedbug-sniffing dogs was stolen outside a Pembina Highway hotel early Monday.

Police first became aware of the theft when they were called to a home on Parkville Drive around 6:30 a.m. after receiving reports of several dogs running loose in someone's yard.

"The dogs were let out of the vehicle at some point ... and when the dogs were let loose they were observed by our complainants," said police spokesman Const. Jason Michalyshen.

"Obviously, I would notice too if I saw seven, eight, nine dogs running around my yard or in my neighbourhood."

Police initially managed to recover eight of the 10 dogs, but two were running loose around the neighbourhood.

A woman driving by the pair managed to corral them into her vehicle and turn them over to police.

The trained bedbug-detecting Labradors, Titan and Bailey, were fine, said police.

Officers are still on the lookout for the stolen vehicle, which Michalyshen said belongs to an Ontario company and had been locked and left running to warm up outside the hotel when it was stolen.

SHANE GIBSON/METRO

Charleswood turns new page on library

Public space. City says new facility is a model for others across Winnipeg

SHANE GIBSON
shane.gibson@metronews.ca

It's a new chapter for readers in Charleswood.

Fifty years after the first Charleswood Library opened in Dieppe School back in 1964, current students from the school formed a chain with members of the public and Winnipeg firefighters Monday afternoon to pass the last few books from the library's former home at 5014 Roblin Blvd. to its brand-new location just down the street.

"Libraries have long since outgrown their reputations as being a place to simply borrow books and are now recognized as centres accessible to anyone wishing to read, learn, relax or play," said area councillor Marty Morantz at the official opening.

"I have little doubt that the Charleswood Library will continue to be one of the busiest libraries in the city."

The new Charleswood Library, located in Charleswood Square Mall, is twice as big as the old building, which makes room for more books, movies and music as well as a teen area, a fireplace lounge and study and meeting spaces.

"Our public libraries are becoming much more than places for just books, as you can tell today. They are the creative hubs of our community," said Rick Walker, manager of library services with the city.

"This library and many of the features that we have in it reflect the type of changes being seen in public libraries across our country.

"The service model that we'll be providing here will be something that we'll roll out to other branches as we replace other libraries in our city."

Charleswood-Tuxedo councillor Marty Morantz speaks at the official grand opening of the new Charleswood Library on Monday. The branch is one of the busiest in the city. SHANE GIBSON/METRO

Quoted

"Our public libraries ... are the creative hubs of our community."

Rick Walker, manager of library services

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TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN
Winnipeg Transit's Millennium Library customer service centre, located at 251 Donald St. (corner of Graham and Donald), is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE
Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to a bus operator to arrange pickup from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT
The next time you and your friends are planning lunch at your favourite downtown restaurant, don't forget about the Downtown Spirit. Winnipeg Transit's free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you — for complete route and schedule information visit winnipegtransit.com or call 311.

GET MOBILE WITH BUSGUIDE
BUSguide is the mobile version of Winnipeg Transit's award-winning website. You will get the same great features and information in a format that is optimized for Internet-enabled mobile devices. For more information, go to m.winnipegtransit.com.

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Call 311 or visit Winnipeg Transit's lost property office at the downtown service centre in Winnipeg Square.

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Internal NDP revolt causing acrimony

Politics. Backbencher Rob Altemeyer blasts 'appalling abdication of responsibility' from senior staff

Theresa Oswald said she wants to keep the debate over the leadership "respectful." STEVE LAMBERT/THE CANADIAN PRESS

There were more signs of turmoil within Manitoba's governing New Democrats — a party trying to find civil resolution to an internal revolt against Premier Greg Selinger.

The latest volley in the war of words came on the weekend from Rob Altemeyer, a longtime backbencher who has been critical of the five former cabinet ministers who suggested in November that Selinger resign. One of the five, Theresa Oswald, is now leading the coup and running against Selinger in a leadership contest set for March 8.

In a letter to NDP members in his Wolseley constituency, Altemeyer accused the former ministers, and government staffers who have recently taken leave from their jobs to work for Oswald, of abandoning the government.

"It is never a good thing to abandon your post in a time of need. Yet the five (former ministers) decided that just prior to our throne speech was a good time to resign," Altemeyer wrote.

"More recently, with a crucial budget due in the spring, many senior political staff have simultaneously taken 'vacation time' to go work on Theresa Oswald's leadership campaign. It is an appalling abdication of responsibility in both instances."

Oswald, who has served as minister of health and of jobs and the economy, said Sunday she wants to keep the debate respectful and said staff working for her campaign are only using vacation time they're entitled to.

Oswald's campaign has attracted some people who were Selinger's top advisers until the revolt erupted, including Anna Rothney, head of the government's priorities and planning cabinet committee. Other workers who were part of Selinger's daily briefings are also on leave and working for Oswald, leaving Selinger to find replacements or leave key positions open.

Altemeyer said he had not yet chosen which candidate to back but said it would not be Oswald.

THE CANADIAN PRESS

More promises

Oswald said she would implement a provincial pension plan to top up the Canada Pension Plan. It would be mandatory for all workers under provincial jurisdiction who are not covered by a company pension plan and would be funded jointly by workers and their employers.

- Oswald said she envisions a plan similar to one being introduced in Ontario. Workers and employers there will each contribute 1.9 per cent of the employee's annual earnings, to a maximum of $1,643. Critics have called it a tax grab that will squeeze businesses and cost jobs.

Pembina Valley. Province to expand provincial park

Pembina Valley Provincial Park is about to get five times bigger.

Currently, the park located in south-central Manitoba is 178 hectares. However, thanks to the purchase of private land and the addition of the Pembina Valley Wildlife Management Area, the park will now be 931 hectares.

"Our family is delighted to see our land added to the park and we believe this area, with its natural beauty and the Pembina River running through it, will add a great deal to the park," said Paul Olafson, whose family land was acquired for the expansion.

"Pembina Valley Provincial Park has been a great place to protect our wildlife and plants, and we thank the province for the commitment to protecting green space and wildlife."

The process of converting the lands will begin in the spring, said the province. METRO

CMHR

Panel discussion about Ukraine famine delayed

The Canadian Museum for Human Rights has changed the dates of a panel discussion on the role of media and the 1930s Holodomor famine in Ukraine.

The public event has been changed from Jan. 21 to Feb. 4. The discussion runs from 7 to 8:30 p.m. at Bonnie John Buhler Hall at the CMHR. METRO

Springfield

RCMP say alcohol a factor in death of snowmobiler

A 34-year-old man is dead after he crashed his snowmobile Sunday morning.

Oakbank RCMP said they responded to the collision at about 1:30 a.m. after the Lorette man crashed into an embankment in the Rural Municipality of Springfield. He was taken to hospital but later died. RCMP said the man had been drinking. METRO

‘We’re saying our goodbyes today and then from there he’ll be in a better place’

Mountie shooting. Wife of Const. David Wynn thanks RCMP family, community for their support

LEAH HOLOIDAY
Metro in Edmonton

Through quiet tears and staggered breaths, the wife of Const. David Wynn said family have now said their final goodbyes to the RCMP officer, who was shot in the head while trying to arrest a suspect over the weekend.

Wynn, along with Auxiliary Const. Derek Bond, were both shot by Shawn Maxwell Rehn on Saturday as they were investigating reports of a stolen vehicle at St. Albert’s Apex Casino.

While Bond was released from hospital later that day, Wynn remained in critical condition.

“Dave is … we’re saying our goodbyes today and then from there he’ll be in a better place, but today is the day we say goodbye to him,” said Shelly MacInnis-Wynn on Monday.

Flanked by Wynn’s sister Dawn Sephton and clutching the hand of Deputy Commissioner Marianne Ryan, MacInnis-Wynn expressed her gratitude for the outpouring of support from the community over the last three days.

“I just wanted everyone to know how thankful I am for all the support we have gotten, but the first (thankyous) need to go to the RCMP family,” said MacInnis-Wynn.

As former Nova Scotians, MacInnis-Wynn said she was grateful for the prayers of people out east, including Wynn’s former coworkers.

“He knows you’re there and thinking of him,” she said.

Shelly MacInnis-Wynn, wife of Const. David Wynn, updated media Monday on the condition of her husband, joined by Wynn’s sister Dawn Sephton, right, and Deputy Commissioner Marianne Ryan. LEAH HOLOIDAY/METRO

MacInnis-Wynn also recognized the St. Albert RCMP detachment, saying “they’ve been our family since we’ve moved so far from home.”

“That was his work family,” she said.

Sephton expressed her gratitude to the paramedic and medical staff who took care of her “little brother.”

Before moving to St. Albert five years ago, Wynn worked as a paramedic in Bridgewater, N.S.

Bridgewater Police Chief John Collyer remembers Wynn as a “fixture” to the entire town and devoted family man to his wife and three sons.

“He always wanted to do the best for his community; he was that kind of guy.”

After working as a paramedic from 1996 to 2009, Collyer said Wynn began talking to a few of the guys about making a career shift and joining the RCMP.

“Once you have the itch to become a police officer, it doesn’t go away unless you scratch it,” Collyer said, who acted as a reference when he was contacted by one of Wynn’s superiors during his training.

Three days ago, Collyer received a number of phone calls from Wynn’s family. He learned that Dave had been one of two RCMP officers shot during the confrontation.

“It was a tough day Saturday,” Collyer said, adding that it’s always devastating when an officer is wounded in the line of duty but this hit home especially hard.

WITH FILES FROM STEPHANIE TAYLOR/METRO

Israel. Canada stands by its ally as Palestinians pursue war crimes charges

Foreign Affairs Minister John Baird reaffirmed Canada’s opposition to Palestinians’ attempt to pursue war-crimes charges against Israel at the International Criminal Court.

Speaking in Jerusalem, Baird said the Palestinians “made a huge mistake” by going to the ICC, a UN institution Canada played a lead role in creating.

Israel will be able to count on Canada’s firm support against any ICC action against the country, Prime Minister Benjamin Netanyahu said as he formally welcomed Baird before their meeting.

“You know that it’s a travesty of justice to haul Israel to the dock in The Hague and you know that the entire system of international law could unravel,” Netanyahu said.

Baird added: “As I’ve said before, Canada doesn’t stand behind Israel; we stand shoulder-to-shoulder with it.”

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Dalhousie. Student not treated fairly: Lawyer

A member of a Facebook group accused of posting hateful comments about Dalhousie University’s female dentistry-school students blew the whistle on the classmates who made the remarks but has been treated unfairly, the man’s lawyer said.

Bruce MacIntosh is representing Ryan Millet, a fourth-year dentistry student and one of 13 members of the now-defunct Class of DDS 2015 Gentlemen Facebook group.

MacIntosh said in a statement provided to The Canadian Press that Millet took a stand against posts he deemed offensive and encouraged other group members to remove them but was sanctioned by Dalhousie University.

He criticized the way the school handled the matter, saying the students were pushed into accepting punishment without due diligence.

“No one stopped to interview the victims, or the alleged perpetrators, to determine which students were truly culpable,” he said. THE CANADIAN PRESS

Luka Magnotta

Appeal filed over conviction on five charges

Luka Rocco Magnotta has filed an appeal of his conviction on five charges last month, including the first-degree murder of Chinese student Jun Lin.

Documents made public by the Quebec Court of Appeal outline a number of reasons for Magnotta’s decision to seek a new trial. The documents filed by Toronto-based lawyer Luc Leclair state the trial judge erred in a number of instances.

THE CANADIAN PRESS

Iraq

Canadian forces return fire at combatants

Canadian soldiers opened fire on enemy positions in Iraq over the last week in what a senior officer called an act of self-defence. Brig.-Gen. Michael Rouleau says they used sniper fire to neutralize the enemy without casualties.

THE CANADIAN PRESS

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Argentina. Prosecutor who accused president dies

Argentina's government said Monday there was no indication that anybody else was involved in the death of a prosecutor who had accused President Cristina Fernandez of shielding Iranian suspects in the nation's deadliest terror attack — a declaration sure to be closely scrutinized.

Alberto Nisman, who had been investigating the 1994 bombing of the AMIA Jewish community centre in Buenos Aires that killed 85 people, was found in the bathroom of his apartment late Sunday, hours before he was to testify in a Congressional hearing about the case.

Investigating prosecutor Viviana Fein said the preliminary autopsy found "no intervention" of others in Nisman's death.

However, Fein would not rule out the possibility that Nisman was "induced" to suicide, because the gun was not his.

"The firearm belonged to a collaborator of Nisman," Fein said. According to the autopsy, Nisman had a bullet entry-wound on the right side of his head but there was no exit wound. His body was found inside the bathroom, blocking the door, which was locked from the inside, Fein said.

The findings left more questions than answers about the death, which came only five days after Nisman accused Fernandez and other officials of reaching a deal with Iran that shielded some officials from possible punishment for the attack

Nisman was heavily guarded by police because he had received threats. Late Sunday, the agents protecting him alerted their superiors that he wasn't answering phone calls, according to a Security Ministry statement. THE ASSOCIATED PRESS

Sea of Cortez. Mexico to patrol waters with drones

Mexico is planning to use drones to patrol the upper Sea of Cortez to combat illegal fishing and save the critically endangered vaquita marina, the world's smallest porpoise.

Assistant environmental prosecutor Alejandro del Mazo said Monday his agency has conducted tests of unmanned aircraft flights in co-operation with the Mexican Navy.

Del Mazo says he hopes to have three drones patrolling the vaquita's habitat in coming months. Also known as the Gulf of California, it is the only place vaquitas are found.

"We are considering the use of advanced technology, because drones would allow us to have permanent aerial patrols in the area and be able to react much more efficiently and quickly," Del Mazo said.

Fewer than 100 of the shy, elusive porpoises remain. The vaquita is threatened by illegal gillnet fishing for totoaba, a large fish whose swim bladder is prized by chefs in China.

In December, Mexican authorities proposed a $37 million plan to ban gillnet fishing in about half of the upper Gulf. The plan is up for mandatory public consultation, and could be implemented in March. THE ASSOCIATED PRESS

$65K stolen

Widow of man killed in British terror attack jailed

The widow of a man killed in the 2005 terrorist attacks on the London transportation system has been jailed for stealing money from the compensation fund intended for her son.

Louise Gray was sentenced Monday to two years and eight months in prison after stealing 43,000 pounds ($65,000 US) from her son Adam, who was 11 when his father was killed. Gray had earlier pleaded guilty to the theft. THE ASSOCIATED PRESS

London

Parents shocked by birthday bill

It was not what Derek Nash expected to find in his five-year-old's school bag: A bill demanding a "no-show fee" for another child's birthday party. Nash said the bill from another parent sought 15.95 pounds ($24 US) because his son Alex had not attended the party at a ski centre. Nash told the BBC he had initially accepted the invitation, but realized Alex was supposed to visit his grandparents. He said he did not have contact details to let the other family know. THE ASSOCIATED PRESS

Kenyan students hold up a placard brought by activists during a demonstration Monday against the removal of their school's playground at the Langata Road Primary School in Nairobi. Police tear-gassed students at the demonstration, prompting the suspension of the officer in charge at the scene. BRIAN INGANGA/THE ASSOCIATED PRESS

Kenyan police use tear gas on schoolchildren

Nairobi. Students at Lengata Road Primary School were demonstrating against the removal of their playground

Quoted

"This is brutality beyond words and greed beyond description."

Raila Odinga, opposition leader

Kenyan police Monday tear-gassed schoolchildren demonstrating against the removal of their school's playground, which allegedly has been taken over by a powerful politician, said a Kenyan human rights activist.

The students from Langata Road Primary School were in the front line of people pulling down a wall erected around the playground which has been acquired by a private developer said to be a powerful politician, said Boniface Mwangi. Primary school children in Kenya are usually between six and 14 years of age.

"The governor, the senator and other government officials are all scared of the politician; they cannot do anything to stop the playground from the being taken," Mwangi said.

Television footage showed children, some being carried away, writhing in pain, screaming and choking because of the tear gas. Police officers later brought dogs to the playground.

Acting police Chief Samuel Arachi said he had suspended the police officer who was in charge at the scene of the protest.

In such an incident tear gas shouldn't have been used because the protests were not violent, Arachi said. He said five people have been arrested; three for vandalism and two for incitement.

"We will never allow officers to use force — not only on any citizen (but) more so on children, whether in a demonstration or otherwise," he said.

Elijah Mwangi, who was in charge of the police officers at the school, said he was following orders.

Opposition politician Eliud Owalo said last week that the playground had been taken over to construct a parking lot for the politician's hotel adjacent to the school.

"This is brutality beyond words and greed beyond description," said opposition leader Raila Odinga. "It is difficult to believe that police can actually deploy against primary school children and lob tear gas at them to defend a land-grabber.

"This image of a nation determined to steal forcefully from its own children cannot be what we aspire to. It cannot be the legacy we want to bequeath the children."

Allegations of land seizures by Kenyan officials has become a controversial issue in the country. THE ASSOCIATED PRESS

European police review weapons to counter terror

One victim was a young policewoman, unarmed on the outskirts of Paris and felled by an assault rifle. Her partner, also without weapons, could do nothing to stop the gunman.

Another victim was a first-responder with a sidearm, rushing to the Charlie Hebdo offices, where a pair of masked men with high-powered weapons had opened fire on an editorial meeting. Among their primary targets: the armed police bodyguard inside the room.

With the deaths of the three French officers during three days of terror in the Paris region and the suggestion of a plot in Belgium to kill police, European law enforcement agencies are rethinking how — and how many — police should be armed.

Scotland Yard said Sunday it was increasing the deployment of officers allowed to carry firearms in Britain, where many cling to the image of the unarmed "bobby."

In Belgium, where officials say a terror network was plotting to attack police, officers are again permitted to take their service weapons home.

On Monday, French law enforcement officials demanding heavier weapons, protective gear and a bolstered intelligence apparatus, met with top officials from the Interior Ministry.

Among the most horrific images from the Paris attacks was the death of police officer Ahmed Merabet, who can be seen on eyewitness video lying wounded on the pavement as a gunman approaches and fires a final bullet into his head. THE ASSOCIATED PRESS

Ex-Korean Air exec pleads not guilty in nut rage case

Aviation safety. Cho Hyun-ah, airline chairman's daughter, has been in custody since Dec. 30, faces up to 15 years in prison

The former Korean Air executive famous for an inflight tantrum over macadamia nuts pleaded not guilty Monday to violating aviation safety law and hindering a government investigation.

Lawyers for Cho Hyun-ah did not dispute the major elements of the prosecutor's account of events on Dec. 5, when Cho forced a Korean Air jet to return to the gate. Instead, they are focusing on a technical rebuttal.

Prosecutors accused her of forcing a flight to change its route, which was the most serious charge, with a maximum prison sentence of 10 years. The three other charges Cho faces are the use of violence against flight crew, hindering a government probe and forcing the flight's purser off the plane.

Cho's attorney Yu Seungnam told a panel of three judges that the flight had moved only 17 metres from the gate at New York's John F. Kennedy airport before it returned, which did not amount to a forced change of an aviation route.

Cho admitted using violence against one flight attendant in first class by pushing her shoulder and throwing an object at her but denied that she poked the hands of chief flight attendant Park Chang-jin with a book. Yu argued that those acts did not amount to threatening safety on the flight.

Cho spent most of the first day of her trial Monday with her head lowered and hair covering her face.

THE ASSOCIATED PRESS

Cho Hyun-ah, the former Korean Air executive who made headlines after an inflight tantrum over macadamia nuts, pleaded not guilty Monday to violating aviation safety law and three other charges. THE ASSOCIATED PRESS FILE

Law. Beastie Boys seek $2.4M for fees and costs

The Beastie Boys want to force the maker of Monster Energy drinks to pay nearly $2.4 million US in legal fees and costs so the rappers' $1.7-million US jury award is not dwarfed by expenses in a copyright violation case, lawyers say.

A Manhattan federal court jury awarded the group most of the $2 million US it requested at a June trial, but that was not enough to cover costs that lawyers said were worsened by the actions of the California-based Monster Energy Co., the musicians' lawyers said in papers filed in Manhattan federal court.

They said more than two years of litigation punctuated by Monster's failure to engage in good-faith negotiations, an eight-day trial and Monster's effort to overturn the verdict ran up the legal bill.

Monster had admitted wrongly using the group's songs in a video that was online for five weeks. But the beverage maker said at trial it should owe no more than $125,000 US.

THE ASSOCIATED PRESS

Hip-hop group

The Beastie Boys, inducted into the Rock and Roll Hall of Fame in 2012, have turned out four No. 1 albums and sold more than 40 million records.

- In 1986, they topped the charts with their debut, Licensed to Ill, which includes the anthem (You Gotta) Fight for Your Right (To Party!)
- The Beastie Boys' Adam "MCA" Yauch died of cancer in May 2012.

Richest 1% soon wealthier than rest of world combined: Oxfam

The richest one per cent of the population will own more than half the world's wealth by 2016, Oxfam International said in a report released as the World Economic Forum begins in Davos, Switzerland.

Oxfam said the world's richest people saw their share of wealth jump to 48 per cent last year from 44 per cent in 2009. Rising inequality is holding back the fight against global poverty as the world's biggest companies lobby the U.S. and European Union for beneficial tax changes at a time when average taxpayers are still paying the bill for the financial crisis, Oxfam said.

"Do we really want to live in a world where the one per cent own more than the rest of us combined?" Winnie Byanyima, Oxfam's executive director, said in a statement.

The health-care and financial-services industries spent almost $900 million US to lobby the U.S. government for favourable legislation in 2013, and more than $200 million US was spent on lobbying in the EU, Oxfam said. At the same time, one in nine people don't have enough to eat, and more than a billion people live on less than $1.25 US a day, Oxfam officials said.

The charity is calling for a crackdown on tax avoidance by corporations and rich people, with increased investment in health and education. THE ASSOCIATED PRESS

Market Minute

DOLLAR 83.70¢ (+0.14¢)

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GOLD $1,276.90 US (+$12.10)

Natural gas: Closed.
Dow Jones: Closed.

Online retail

Amazon primed to get into the movie business

Amazon Studios said Monday that it will significantly expand into movie production by acquiring films for theatrical release and early window streaming through its Amazon Prime Instant Video service. A key aim is to get movies to its website four to eight weeks after theatrical release instead of the current three months.

THE ASSOCIATED PRESS

New hire

German telecom vet to head Rogers consumer division

Rogers Communications Inc. is hiring Dirk Woessner, a senior executive of Germany's largest telecommunications company, Deutsche Telecom, to be president of the company's consumer business unit.

At Rogers, Woessner will be responsible for product development and sales operations.

THE CANADIAN PRESS

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Dealing with childhood parental bereavement: The narratives of senior undergraduate students

This is a call for participants to a research project that is looking at the life experience of individuals who have lost one or both parents to death due to an illness before the individuals were 10 years old.

You are cordially invited to come and share your story if you are:

- ✔ **Able to volunteer between 6–10 hours your time between the months of January 2015 and February 2015,**
- ✔ **A senior undergraduate student currently enrolled in university or college**

And

- ✔ **Interested in sharing a story from the time just before the loss until now**

Participation is voluntary
Please feel free to contact me directly if you are interested in participating or have any questions or concerns

Principal Investigator: Priscillah Makuchete, Phone: (204) 809-1359, mswres@myumanitoba.ca
Research Supervisor: Dr. Sid Frankel, Phone: (204) 474-9706, Sid.Frankel@umanitoba.ca

University of Manitoba

This research was approved by the Psychology/Sociology Research Ethics Board

VOICES

COMPLAINING ABOUT THE ROADS: TAKE A HIKE!

So you think the streets don't get cleared in time? Try being a pedestrian pushing a stroller down a sidewalk that city workers still haven't gotten to

YOUR RIDE
Colin Fast

A message for drivers who are complaining about the state of the roads this winter: take a hike.

Because if you think the roads are bad, they've got nothing on the condition of the sidewalks in some residential neighbourhoods.

The city has talked a lot over the past few years about developing more walkable neighbourhoods. In fact, the most recent iteration of the city's master planning document puts that concept front and centre. But if we want to be a walkable city, we have to remain walkable.

The city currently budgets about $2.8 million every winter for sidewalk snow clearing. That's only 10 per cent of what it allocates for clearing the roads, and the difference in service standards is noticeable.

While roads might be rutted or slick in some areas, at least they're passable. Sure, you might have to slow down — which is recommended at this time of year anyway — and it helps to have a set of snow tires — again, recommended — but at least you can make it through.

But there are still sidewalks that haven't been cleared since the last major snowfall two weeks ago. And try making your way down one of those if you're pushing a stroller or your mobility is limited.

So what could the city do differently to get sidewalks in more walkable shape?

In St. John's, N.L., the municipality only clears walkways on one side of the street so it can ensure they remain snow-free throughout the winter.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
winnipeg@metronews.ca

In Calgary, homeowners are required to shovel the sidewalks in front of their homes within 24 hours of a major snowfall. If they refuse, the city will do it for them and leave a $175 bill behind.

And on the more extreme end of things, Saskatoon and Edmonton are both exploring the possibility of retrofitting sidewalks with underground heat sources to melt snow as it falls.

At the end of the day, the most sensible option in Winnipeg might just be to put more money into the service.

Whether that comes at the expense of road clearing — such as eliminating the requirement to plow streets to bare pavement — or increased taxes should be part of a thorough review of snow-clearing services that includes a big public-engagement component.

If Winnipeg wants to be a proud winter city where people use transit, residents shop at neighbourhood stores, kids walk to school and seniors lead active lives, then keeping the sidewalks open all year long should be a basic requirement.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

A Winnipeg man runs down the road Monday afternoon. Sidewalk clearing needs to be a priority if Winnipeg is going to develop more walkable residential neighbourhoods, says columnist Colin Fast. SHANE GIBSON/METRO

We're surpassing the limits of our planetary boundaries — it's really time Canada goes green

STEPHANIE ORFORD
readers@metronews.ca

It sounds like the opening of a disaster movie: humans have broken four of the planet's nine boundaries, and a new era of potentially devastating climate change has begun.

Sadly, it's not. This was a sobering finding published last Thursday by climatologists in the journal Science.

The researchers describe nine key environmental factors or "planetary boundaries." Each has an upper limit beyond which climate effects are unpredictable and potentially dangerous for human civilization as we know it.

According to the study, since industrialization in the early 20th century, human activities have broken the boundaries when it comes to levels of extinction, deforestation, atmospheric carbon dioxide and nitrogen and phosphorous pollution from fertilizer. Lake Erie's "dead zone," an area choked up with algae, is the direct result of fertilizer runoff.

As Canadians, we tend to see ourselves as pretty green. Public opinion in Canada has shifted in favour of all things environmentally friendly. Canadians actively seek out "green" products, services and lifestyles. Environmentalism is no longer for fringe groups.

It's the default.

But as a supposedly progressive, developed country, Canada has been embarrassingly, shockingly unresponsive to climate-change reform. A report released in 2013 ranked Canada 55th out of 58 in its efforts to rein in greenhouse-gas emissions.

The economy is not an excuse. With dramatically low worldwide oil prices threatening a traditional keystone of Canada's economy, there's no better time to diversify into renewable energy and other green innovations. Clean, energy-efficient technologies such as solar panels are plunging in cost and skyrocketing in efficiency, making them ripe to take off with consumers as they reach parity with more polluting technologies.

Humanity has had it real good for the past 11,700 years, an epoch known as the Holocene period. Civilizations sprouted spontaneously across the world and got busy at breakneck speed, in geological terms, developing agriculture, organized societies, science — civilization as we know it. The researchers established the "planetary boundaries" based on these conditions.

But now we're wearing out our protective bubble. Researchers don't know what will happen as we exceed the nine boundaries but they warn that if we maintain our current trajectory, Earth "is likely to be much less hospitable to the development of human societies."

Canada needs to follow the lead of its citizens and set an example in implementing green policies. The government should enthusiastically fund research, subsidize environmentally forward-thinking companies and technologies and create opportunities for green investment and innovation.

Give us ways to help the planet within our means, and we'll embrace them.

Stephanie Orford is a writer based in Vancouver.

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston ALL PHOTOS GETTY IMAGES

Wait, Jennifer Aniston is now on Team Angelina?

Jennifer Aniston and Angelina Jolie both attended the Critics Choice Awards last week — in the same room and everything — and the world did not slip into biblical levels of chaos.

In fact, Aniston even went on record about their infamous feud that started when Brad Pitt left the Friends star and shacked up with the Unbroken director.

"I think that's slowly coming to an end, I really do," Aniston told Entertainment Tonight at the event. "(Unbroken) is so beautiful and wonderful, and she did such a gorgeous job, and I think it's time people stop with that petty B.S. and start celebrating great work and stop with the petty kind of silliness … It's just tiresome and old. It's like an old leather shoe."

OK, two things, Ms Aniston: One, some of us like old leather shoes. The thing about leather is the more broken-in it gets, the better. I have a pair, in fact, that get more comfortable each time I wear them. So maybe not the best metaphor.

And, two, while I'm all for the high-minded moving on you suggest, some of us — ahem — would be out of a job without all the petty B.S. and silliness in the world.

Huckabee backtracks on calling Jay-Z a pimp

That loveable scamp Mike Huckabee has a problem with Jay-Z and Beyoncé — and with the First Family enjoying their music.

"How can it be that the Obamas let Sasha and Malia listen to that? Apparently they do," he writes in God, Guns, Grits and Gravy, his adorably titled new memoir that apparently does more than list things that will lead to an early death.

"Jay-Z is a very shrewd businessman, but I do wonder: Does it occur to him that he is arguably crossing the line from husband to pimp by exploiting his wife as a sex object?"

While he's busy backtracking, insisting that he thinks Beyoncé is "a wonderful talent" who doesn't have to degrade herself by introducing anything remotely sexual into her act, I would like to point him to numerous examples from Jay-Z's work suggesting he is in fact just fine with being a pimp. Although I think he's using the word differently.

Jay-Z and Beyoncé

Kendall Jenner's words are wise beyond her years

If you find yourself uttering that old chestnut, "Kids today, they grow up so fast," then you might actually be onto something.

At least according to professional young person Kendall Jenner. The 19-year-old reality star — and, I guess, model or something — writes in a new column for the Wall Street Journal's magazine, "I feel like I grew up too fast a long time ago."

Let all the particulars of that sentence sink in for a moment. The "a long time ago" part, the fact that it's in WSJ magazine, the fact that she wrote a column for said magazine. I'll understand if you just want to go back to bed.

Kendall Jenner

Black Eyed Peas

Black Eyed Peas are back! Consider yourself warned

Don't complain later that you weren't warned.

Reigning pop homogenizers the Black Eyed Peas are getting back together for another album and another tour, and there's nothing we can do about it.

"They have already started working on their new material and will be doing a tour together following the release of their first album," a source tells Radar Online.

"All of the band members are expected to return," including Fergie, will.i.am and the other two.

Sorry Billy, but gay sex *is* an 'everyday kind of thing'

Billy Crystal has a bone to pick with shows that feature scenes of a homosexual nature, complaining to the Television Critics Association that they're not "to his taste."

"Sometimes I think, 'Ah, that's too much for me.' Sometimes it's just pushing it a little too far for my taste — and I'm not going to reveal to you which ones they are."

Sure, but we can guess.

"I hope people don't abuse it and shove it in our face to the point where it feels like an everyday kind of thing," he added.

Listen, Billy, if you're going to employ neo-conservative dog whistles in your responses, the correct phrasing is "shove it down our throats," not "shove it in our faces."

And as far as gay scenes feeling like "an everyday kind of thing"? That's sort of the point.

Billy Crystal

At the start of his U.S. tour, Murs has Never Been Better

Interview. Singer who first found fame on The X Factor is trying to stretch his U.K. success across the pond

Olly Murs kicks off his U.S. tour with a cheer from the top of the Empire State Building. AFP FILE PHOTO

After his latest album debuted at number one in his native Britain, pop singer Olly Murs has set his sights on the United States and found some quirks.

Among them, Americans are more prone to tossing things on stage.

"Fans all scream and shout. The American fans, I find, they throw a lot more phones and other objects at me on stage, which was quite strange. They all wanted pictures and selfies and things like that," Murs said.

Murs, a former call centre worker from the town of Witham in Essex, became an overnight celebrity in 2009 when he appeared on the talent show The X Factor to perform a spirited cover of Stevie Wonder's Superstition.

His catchy pop hooks — and pelvis-gyrating dance moves — have helped him to sell more than 10 million copies and to pack arenas in Britain.

But his following in the United States has been considerably more modest than, say, One Direction, the boy band who became global sensations through The X Factor the year after Murs performed and later invited Murs as an opening act in North America.

Murs, speaking as he relished a sweeping view of New York from the top of the Empire State Building, said the goal of any artist was to "get your music across the world to as many people as you can."

"I think you just want to beat what you did before, even if it's only by one copy," he said.

For his fourth studio album, Never Been Better, Murs has embarked on a U.S. promotion campaign that included a performance on the morning television Today show on Thursday.

In an increasingly rare move in a globalized and Internet-driven music industry, Never Been Better is coming out in the United States, the world's largest music market, on March 10 — more than three months after it debuted at number one in Britain.

Never Been Better, which according to Murs' label has cracked the Top 10 in 31 countries, shows the singer co-writing more of his own music.

From call centre to celebrity

Olly Murs has gone from working in a call centre to touring across countries promoting his music. "It's been an amazing turnaround in my life in the past five, six years — I'm being escorted around the Empire State Building!" he says.

The opening track, Wrapped Up, is a bright dance tune with a funk rhythm and a cameo by U.S. rapper Travie McCoy. The album also features a ballad, Up, with another American star, the singer and former child actress Demi Lovato.

His upbeat music appears to be in line with his persona; his autobiography on his brief career is entitled Happy Days.

But the 30-year-old acknowledged that he has not been entirely free of self-doubt.

"It was a big change for me from working at a call centre to then, eight months later, I've got all these crazy things happening — new singles and a new album," he said.

He insisted that accounts of a drinking problem were exaggerated and that there was only around one month when he fell into a funk. "We all have difficult months. I don't dwell too much on it," he said. "I think it was more of a way to open my eyes, really, to what was going on around me and my career. I needed to sort it out and I did."

AFP

Profile

Courtney Love's big comeback

SOUND CHECK
Alan Cross
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Alan Cross and Courtney Love
ANDREA CRAWFORD

There's a chance you saw Courtney Love act before you heard her sing. If you think back to the opening scene of Alex Cox's Sid and Nancy in 1986, Courtney was the punk crying over Nancy's body as it was removed from the Chelsea Hotel.

For a while, Ms. Cobain straddled the worlds of acting and alt-rock. There were a few roles during the grunge years (Basquiat, 200 Cigarettes) before she scored big, starring opposite Woody Harrelson in The People vs. Larry Flynt, a performance that earned her a Golden Globe. Then came another acclaimed performance with Jim Carrey as Andy Kaufman's girlfriend in Man on the Moon. By the end of the century, Love was in danger of becoming a genuine Serious Actor.™

But then things went off the rails. Far off. Drug problems, family issues, legal woes, a failed solo music career, financial difficulties and oodles of bad press saw Courtney spiral down into a pretty dark place. Now, though, her career prospects look brighter than they have at any point in this millennium. The big comeback began with a four-episode appearance in Sons of Anarchy as a schoolteacher (!) named Ms. Harrison. Then earlier this month, Courtney co-starred in an off-Broadway rock opera called Kansas City Choir Boy as part of a festival called Prototype. She played Athena, a Midwestern girl who chases her dream of being a star in New York only to end up murdered. Todd Almond, the production's composer, plays her abandoned and anguished boyfriend.

Roughly based on The Odyssey (there's even a chorus of six sirens), Almond told me "I was working on another show in Kansas City when a woman from the cast disappeared and was later found dead in New York. I kept thinking about that until it turned into Choir Boy."

So how did he land Courtney as a co-star? "My husband is Courtney's manager. He suggested it."

This past Saturday, I flew to New York for the final performance of KCCB and I can attest that it deserved all the good reviews it received. Courtney was electric. Todd Almond should be a star.

And there's more. In two weeks, we'll see Courtney in a recurring role as Elle Dallas on Empire, the record industry soap opera that's been a big hit for Fox. Her role? A bad-behaving druggy diva rock star. Courtney smiled at me. "Inspired casting, don't you think?"

Panda Bear's music making talent is anything but rare

New record. Musician's recent successes have given him the confidence to create even wilder fare

Noah Lennox's show-stealing collaboration with Daft Punk on the melancholy Doin' It Right won him more than a Grammy.

It also gave the man known as Panda Bear validation — affirmation that he apparently still needed even with scores of sterling reviews to his name since debuting as a solo artist in 2004, or as a member of oblique noise-makers Animal Collective.

"More than anything, I felt like it reinforced the idea that the stuff I was making could work and could have some power to it," Lennox said in a telephone interview from New York.

"More than anything, it gave me confidence that it resonated with those guys. It was a proof of concept."

Emboldened, Lennox has just released his grimiest and grooviest record yet in Panda Bear Meets the Grim Reaper.

It's generally agreed that Lennox's masterpiece was 2007's Person Pitch, a record built on his celestial vocal harmonies and a dense bedrock of found sounds. With 2011's Tomboy, he defiantly pared back and submitted to more traditional song structures.

The new record refines that approach, combining the hardest-hitting rhythms of Lennox's solo career with challenging degrees of discord.

Even when he wrote a more-or-less straightforward pop song — infectious lead single Mr. Noah — he felt compelled to add some obscuring filters.

"I feel like more songs started in that zone, more like forceful and aggressive, and in the studio got toned down a bit — or washed out, or blurred," he said.

Once again, his lyrics are more emotionally evocative than literally meaningful, but several music critics — notably in a thoughtful Pitchfork review — have sniffed out a narrative.

A father of two in his adopted hometown of Lisbon, Lennox is presumed to be writing about the weight of responsibility that comes with being a provider.

While he says no interpretation is wrong, he sounds a bit disappointed at that review.

"I really didn't want to do something where I felt like I was writing a diary or a journal or telling stories about my life," said Lennox, 36. "It was a considerable effort to not feel like I was talking about myself.

THE CANADIAN PRESS

Noah Lennox, a.k.a. Panda Bear
THE CANADIAN PRESS

Take the embarrassment out of a new fitness routine

Group workouts. You may be new, but you don't have to feel like a newbie

EVA KIS
Metro in NYC

One of the keys to enjoying group exercise is choosing a class you feel passionate about. ISTOCK

It's a good time to make a fitness resolution, with an explosion of boutique studios offering more ways to work out than ever.

And, you may think, just as many ways to embarrass yourself with unfamiliar equipment, complicated routines and the a lack of gymnast flexibility.

Many people miss out on great fitness classes because they feel intimidated, and celebrity trainer Simone De La Rue doesn't want that to happen. In addition to clients like Anne Hathaway and Naomi Watts, the Australian also has Body By Simone studios in L.A. and Manhattan — and knows that everyone who walks through the door is a newbie in some way.

But exercising together is worth the initial hurdles: It's motivating, keeps you accountable and creates a community. "Group fitness has been around for years, and it works because you're feeding off the energy of other people," she says.

De La Rue shares how to start off on the right foot.

Get a sneak preview

Feeling intimidated is common, but you don't have to walk into a class totally unprepared.

"A lot of time people come and have a private session first to build up their confidence before they feel comfortable going into the class," says De La Rue.

Ask if the studio can offer you some one-on-one time with an instructor to preview the basic techniques and offer advice in private.

You're all there to sweat, not judge

"A lot of people even struggle looking at themselves in the mirror," says De La Rue.

The thing to remember is that you're the only one looking at you — everyone else is just as busy worrying about themselves.

So face yourself, acknowledge where you are and focus on learning the skills to build your confidence.

Discover your passion

The best class for you is the one you'll go back to.

De La Rue's passion is cardio dance: It's a link to her training as a ballerina and avoids the monotony of running and cycling.

"Dance is using your whole body and using your brain as well to work in coordination," she says. "It's creative, it's expressive, it's a joyous way of exercising."

Those words should describe how you feel doing whatever exercise you choose.

The hardest part is showing up, but if you're excited to get to it, then the rest is much easier.

Go to the right class

The newest exercise trend may not be for you, and there's always more than one kind of class to work the body parts you're concerned about.

If you're looking for cardio but are not coordinated, skip the dancing and go for the full-body class that works the same muscles.

"Pick something that's in your comfort zone to build up your strength and confidence," she says.

Marijuana

The high — minus the munchies

U.S. TV personality Bethenny Frankel could soon release her own line of marijuana that's been tweaked so that it won't give you the munchies.

The cannabis will be part of Frankel's Skinnygirl brand empire and will be available everywhere in the U.S. where recreational use of marijuana is allowed, according to US Weekly.

So far, this includes Alaska, Colorado, Oregon and Washington. Some states, like California, allow marijuana for medical purposes.

The entrepreneur had tweeted from Aspen, Colorado her delight in seeing marijuana widely available back in December.

After her 2005 appearance on The Apprentice: Martha Stewart, Frankel was selected to join the cast of The Real Housewives of New York City in 2008.

She launched Skinnygirl, a line of low-calorie cocktails, in 2011, later selling it to Fortune Brands' Beam Global.

She hosted Bethenny, her own talk show, until it was canceled in February 2014. AFP

Bethenny Frankel plans to release marijuana that won't give you munchies. JEWEL SAMAD/AFP

Stress may cause lack of empathy for strangers

Our ability to express empathy — understanding or vicariously experiencing others' feelings — kicks into action when we get comfortable enough with the strangers in our vicinity, according to a new study.

It doesn't take much to make us comfortable. In fact, spending just 15 minutes playing a video game together or taking a stress-blocking drug could be enough to do the trick, say researchers from McGill University in Montreal.

Like other studies centered on empathy, the team used physical pain as a means to solicit the feeling on the basis that everyone understands pain and that it's easy to measure in a laboratory setting.

In this particular study, which was published in the journal Current Biology, undergraduate participants were asked to submerge their arm in ice-cold water in the presence of a friend, in the presence of a stranger and all alone.

In one scenario, the team administered a stress-blocking drug to two strangers before the experiment and in another they asked two strangers to spend 15 minutes playing the video game Rock Band before plunging their arms into icy water.

The students, who were asked to rate their pain in all scenarios, reported the most pain after enduring the icy water in the presence of a friend. "It would seem like more pain in the presence of a friend would be bad news, but it's in fact a sign that there is strong empathy between individuals — they are indeed feeling each other's pain," said senior author Jeffrey Mogil, a psychology professor at McGill.

At this point, those who were considered friends included the participants who had taken the stress-blocking drug and those who had played the video game together.

"It turns out that even a shared experience that is as superficial as playing a video game together can move people from the 'stranger zone' to the 'friend zone' and generate meaningful levels of empathy," says Dr. Mogil. "This research demonstrates that basic strategies to reduce social stress could start to move us from an empathy deficit to a surplus."

Indeed, playing Rock Band by themselves created no empathy between strangers. AFP

Unique opportunity for French education

Learn about heritage, develop language skills

CONTRIBUTED

Children of francophone heritage have a unique opportunity to learn in French and develop an appreciation for their French culture in Manitoba's French-speaking schools.

"We offer students an excellent education with a focus on literacy and numeracy, and we give our students a chance to learn about their heritage and develop their French language skills," says René Déquier, assistant superintendent of the Division scolaire franco-manitobaine.

There are 5,000 students enrolled in the 23 French schools throughout the province of Manitoba, several in the Winnipeg metropolitan area, and the numbers are growing every year. To qualify, one or both parents of the student must have French as their first language or have gone to a French school for at least three years.

"At our schools, everything is taught in French with the exception of English class," Déquier says. "All of our students end up fluently bilingual."

The curriculum developed by the Manitoba government is similar to English schools, but with an enriched cultural content.

"We focus on math, reading and writing skills and developing a deep understanding of those concepts," Déquier says. "We work on literacy in two languages, with lots of opportunity for students to read and write in French and English. A high percentage of our students go on to post-secondary education in either language because they are fluent in both."

Studying in both languages opens up many opportunities for jobs, as well as many life opportunities for students.

"It opens their minds and helps them develop an appreciation of the French language and culture."

Extras include busing services, early learning centres for preschool children and child family centres to support early child development, with games and books to lend, and learning programs like singing and reading that parents and preschool children can attend together.

A FOCUS ON COMMUNITY

The 23 French schools of the Division scolaire franco-manitobaine focus on giving children and parents an opportunity to be part of a vibrant francophone community. "We offer lots of opportunities for families to network and do things together and with other francophone schools in our community, both inside and outside school hours," says René Déquier, assistant superintendent of the Division scolaire franco-manitobaine.

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Located in Charleswood, in a quiet neighbourhood that backs onto a golf course, St. Charles Catholic School has a century-long reputation for preparing students for success.

Currently accepting enrolment for 2015-16, the ultimate goal of the school is to educate the "whole" child, including mind, body and spirit. But applicants need to be ready to step into high gear.

"At St. Charles, our students are highly motivated," says Dr. Anne Penny, principal at St. Charles Catholic School in Charleswood.

"It's a vibrant school where everyone is eager to learn."

The school is open to children of all faiths and backgrounds

To learn more about St. Charles Catholic School in Charleswood, visit an open house on Jan. 27 at 6:30 p.m.

CONTRIBUTED

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Program designed to help with the task of parenting

WMEMS offers free seminars and tips

Parents have long looked to their peer groups and communities for support with raising their children. That's why Winnipeg Mennonite Elementary and Middle Schools (WMEMS) has created the Smart Parent Program, designed to help with the task of parenting.

The program involves Smart Parent sessions — free parent-focused seminars, open to the public, on such topics as positive parenting, raising confident kids and cybersafety — along with helpful parenting tips on the WMEMS website.

"The idea of sharing our successes is part of what sparked the idea for the Smart Parent Program," says Dina Chudyk, director of community relations at WMEMS. "When you want to achieve your goal of having children who choose the right path in life, you have to take specific action to make sure you achieve that goal."

WMEMS parents can also lighten the load of after-school activities by taking advantage of in-school music lessons and a before-school hockey academy, making the after-school rush hour more manageable.

"Being a parent is the most important job in the world," Chudyk says.

"We want to support parents along the way, just as we support their children in our classrooms and hallways."

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Get in the game with an elegant venison dish

Venison Medallions with Sautéed Apple Slices and Wild Blueberry Sauce.

Berries help create a sweet, juicy balance in this savoury dish

FLASH FOOD

From your fridge to your table in 30 minutes or less

Wild blueberries offer top-notch flavour and nutrients directly from the freezer in seconds. In this recipe, they complement the flavour of venison. But they also work well with pork tenderloin. The trick is to cook the sauce separately so that the deep blue-coloured nutrients don't discolour the meat. Think of them as a way to create a juicy, sweet balance in savoury dishes.

Ingredients

- 1/2 onion, minced
- 1 clove garlic, minced
- 1 tbsp. butter
- Salt and pepper
- 1 cup (240 ml) red wine
- 1 cup (240 ml) rich beef broth
- 3/4 cup (100 g) frozen wild blueberries
- 1/4 cup (60 ml) currant jelly
- 2 red apples
- 1 1/2 lbs (600 g) saddle of venison (or pork tenderloin)
- 1/2 bunch of thyme

Directions

1. Preheat oven to 350 F.
2. Sauté onions and garlic in butter, season with salt and pepper and let simmer for 5 minutes. Add wine and beef broth and simmer for 2 minutes. Add frozen wild blueberries and currant jelly and simmer, stirring occasionally for 5 minutes. Remove from heat and cool slightly. Core and slice apples, set aside.
3. Dab venison dry on paper towel and cut into 12 equally sized, thin medallions. Heat 1 tbsp. butter in skillet. Sear medallions on all sides 3-4 minutes and season with salt and pepper.
4. Remove medallions from pan and place in oven until sauce is finished. Add apples to pan with a splash of water or wine if needed.
5. Serve venison medallions with apple slices and wild blueberry sauce. Garnish with fresh thyme leaves.

RECIPE PROVIDED BY THE WILD BLUEBERRY ASSOCIATION OF NORTH AMERICA AT WILDBLUEBERRIES.COM, AND ADAPTED BY THERESA ALBERT.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND CAN BE FOUND DAILY AT MYFRIENDINFOOD.COM.

This recipe for Venison Medallions with Sautéed Apple Slices and Wild Blueberry Sauce makes four servings. THERESA ALBERT

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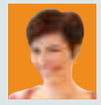
Theresa's tips

Secrets to cooking wild meats



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

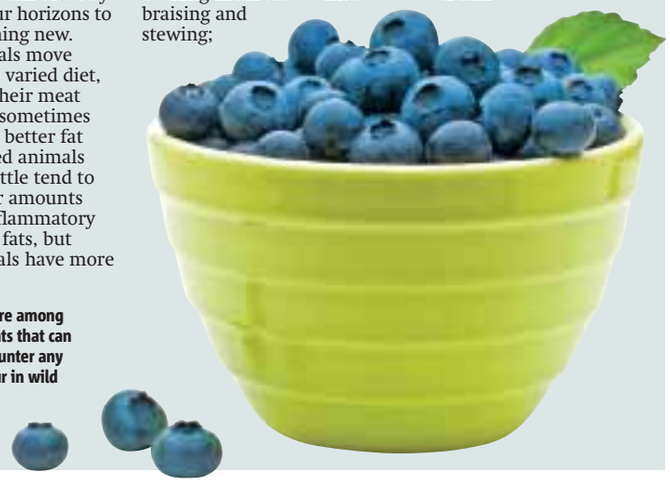
One of the key food trends this year is wild (or at least grass-fed) meats. Maybe that's due to interest in the paleo diet, or maybe it's a symptom of our collective culinary adventuring. But either way, you can't lose by broadening your horizons to include something new.

Game animals move and eat a more varied diet, which makes their meat leaner though sometimes tougher with a better fat profile. Corn-fed animals such as beef cattle tend to contain greater amounts of the more-inflammatory omega 6 and 9 fats, but grass-fed animals have more of the anti-inflammatory omega 3 fat.

That's what you want, more of the good stuff and less of the bad. If you don't have a friend who hunts, butcher shops are stocking more wild cuts and are wonderful sources of tips on how to prepare the unique proteins.

General rules include:

- beginners should chose loin cuts or rib cuts for quick-cook recipes that are more similar to traditional meats;
- game and grass-fed roasts require low and slow, moist cooking methods like braising and stewing;
- be sure your butcher has trimmed all silver skin and as much fat as possible, since game meat fat doesn't taste as good as beef fat and any "silver" is tough and virtually inedible;
- marinate to soften the texture and add flavour;
- don't be afraid to add a bit of butter or duck fat to the meat and/or sauces;
- generally, game meats require less cooking than beef;
- beat any gamey flavour with wild blueberries, juniper berries, thyme, red wine, rich broths, garlic or cream.



Blueberries are among the ingredients that can be used to counter any gamey flavour in wild meat. ISTOCK

LEARNING CURVE

Herzing College has new location

Innovative design is student-friendly

Student life perks at Herzing College — students enjoy playing pool. CONTRIBUTED

Celebrating its 50th anniversary this year, Herzing offers a commitment to innovation through its programming, student services and brand-new location.

"We developed our new facility with the diversity, uniqueness and multiculturalism of our student body at the forefront of our plans," says Kerry Swanson, campus president, Herzing Winnipeg.

"Our students are at the heart of everything we do at Herzing, and the campus was designed with them in mind."

The new Herzing College Winnipeg campus at 1700 Portage Ave. marries design with functionality and innovation.

From classrooms that offer a standing area for students who prefer to stand during lectures, to an advanced lighting system that mimics natural light, this new facility offers students the perfect learning environment.

The highlight of the new building is the "quiet room," which boasts spectacular views of the Assiniboine River and will serve as a retreat for students who simply enjoy a moment of peace.

Herzing College also works closely with the business community on program maintenance and development, hosting regular industry advisory boards for programs.

These types of connections to the business community help Herzing develop new programs where trained professionals are in demand, such as the media co-ordinator program.

"Our current programs will soon be offered in a compelling new format," Swanson says.

"This format will offer students the option to train in core competencies and then decide to continue on with a specialization in their area of study."

For example, students taking the new proposed office assistant course can graduate after completing the six-month course, or choose to continue for an additional three to six months and specialize in accounting, marketing or supply chain and logistics.

This method will allow students to customize a course to accommodate their budget, schedule, and depth of training required for their desired career path.

For more information on all of Herzing's exciting changes, visit herzing.ca/winnipeg.

LEARN BASICS TO BE A LOCKSMITH

RED RIVER COURSE IS DISTANCE EDUCATION

CONTRIBUTED

Rapidly changing technology and security measures have changed the way personal and professional security needs are handled.

The locksmith course offered at Red River College (RRC) tackles some of these changes and is designed to give an entry-level person a look at some tools and information that is common in every locksmith shop.

"This is the essential tip of the iceberg when it comes to being a locksmith, but does help a person understand and determine if this trade is something that will work into their future," says Dave Murray, locksmith instructor at Red River College, and retired provincial government locksmith.

Murray says the most common security needs today include the way vehicles, offices, and homes are secured.

"An increase in security increases the need of persons with legitimate training and professional standards to perform maintenance and repairs as required," Murray says. "Now consider businesses, homes, government buildings, and hospitals as they increase security and how many services are required to maintain and insure these locks are working properly."

RRC has been in the lead to introduce courses and learning opportunities for people requiring the skills needed for today's locksmith.

INTRO COURSE

This is an introduction course for anyone interested in an entry-level locksmith position.

Students can enrol at any time with new classes starting at the beginning of each month. The next classes begin Feb. 1.

Distance education course tuition usually includes the cost of the textbook, where required. Textbooks will be shipped with course materials.

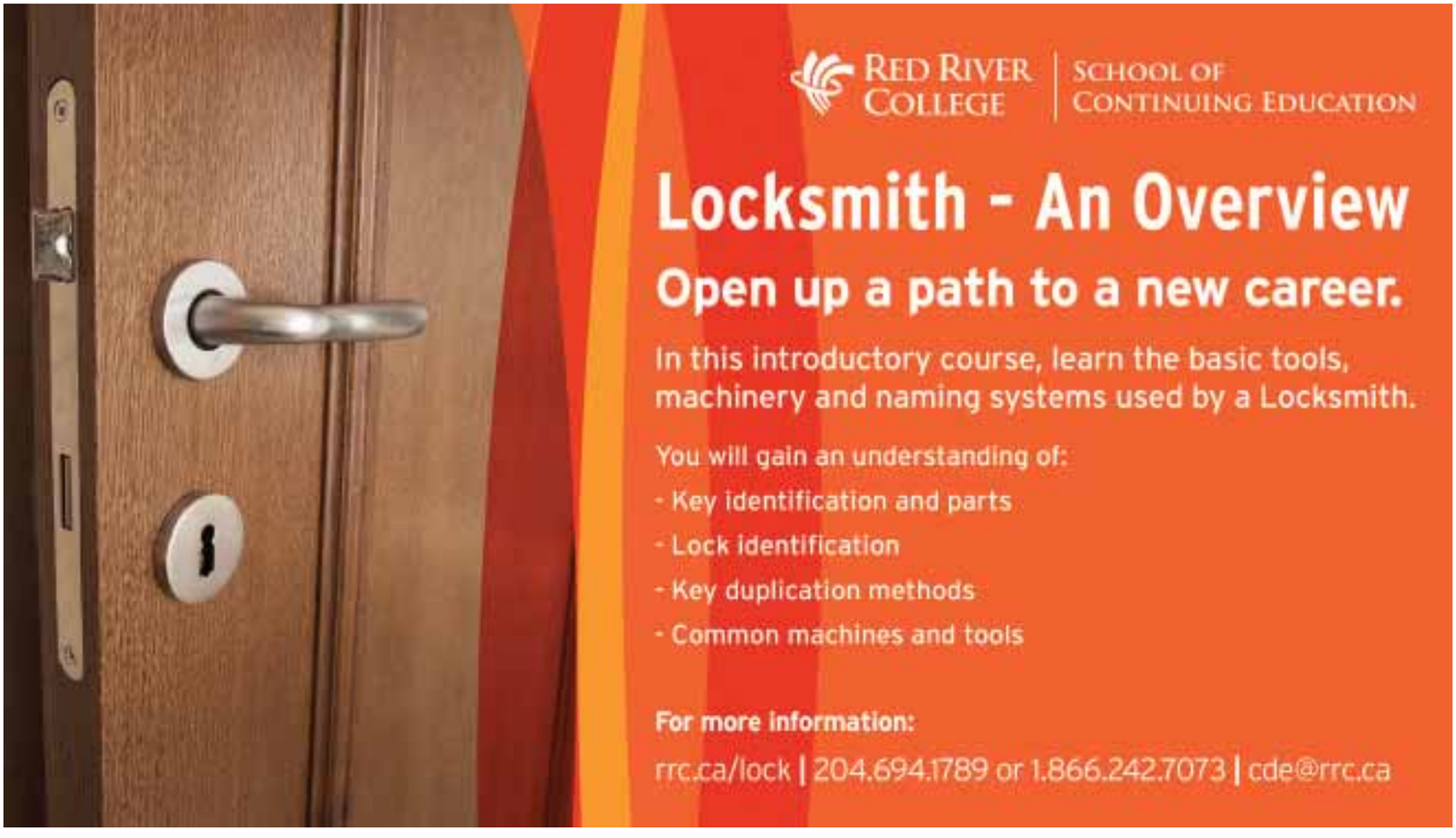
"The growth industry of security needs means more methods to secure from unlawful intrusions into our areas, and by providing a course at the college level, it benefits all of society," Murray says.

To allow students from all parts of Manitoba the opportunity to explore the locksmith trade, this course is delivered through distance education. Students receive their learning materials and work at their own pace with the guidance of the instructor.

The content is divided into 10 modules, including tools, basic locks, automotive security, safes and vaults, regulations, and ethics.

Students have four months to complete the course, but can finish more quickly.

For more information, visit rrc.ca/lock.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rrc.ca/lock | 204.694.1789 or 1.866.242.7073 | cde@rrc.ca

Robertson prepares grads for industry

Massage therapy program focuses on health

CONTRIBUTED

The massage therapy program at Robertson College is one that you will really want to get your hands on.

The massage therapy program works toward preparing grads for a role as health-care providers.

"Massage therapists play an important role as hands-on practitioners of both rehabilitation and wellness," says Emah Christiansen, RMT, Robertson College.

"No longer working solely in spas or relaxation-focused environments, massage therapists must be prepared to work alongside physiotherapists, occupational therapists, chiropractors, etc., in order to support clients in the maintenance of, or a return to, health and functionality."

Christiansen says the benefits of massage therapy include the reduction of depression symptoms, a reduction in pain, increased immune function, decrease headaches, decreased anxiety, decreased symptoms of osteoarthritis, decreased lower back pain, decreased post-operative pain, and decreased cancer-related pain.

"Massage therapy is a low-risk form of treatment that continues to show very promising benefits for a multitude of challenging medical concerns," Christiansen says.

Research is how massage therapist validates what they see occurring with their clients in the clinical setting.

"In order to continue having legislators, primary health-care providers, and insurers supporting our profession we have to continue to focus on research and evidence informed practice," Christiansen says.

As proof of Robertson's dedication to research, all of the students will be required to produce a professional case study during the course of their education.

The first group of students has proven itself by winning a national research competition sponsored by the Canadian Council of Massage Therapy Schools for its interpretive study on effects of myofascial release on caesarean section tissue healing and pain management following caesarean delivery.

"In order to provide the best possible care to our clients, we need to validate the techniques and modalities we choose," Christiansen says.

For more, visit robertsoncollege.com.

FORMAL RECOGNITION

Robertson College is pleased to announce that the massage therapy program has received formal recognition from the Massage Therapy Association of Manitoba for graduating students with the competencies and standards required for membership with the association. This curriculum has been approved in a regulated province (Ontario), and the program co-ordinator has instructed in a regulated province (B.C.) for more than years.

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Call 204.926.8389 or visit robertsoncollege.com to get started.
ROBERTSON COLLEGE

Wellington College continues to evolve

Students receive the most current training

Like the massage field itself, Wellington College is constantly evolving to stay up-to-date on the most current information and requirements that the industry demands.

Dale Gran, WC (Hons), RMT, vice-principal and advanced practical instructor of Wellington College, has seen many changes throughout his time at Wellington and is excited to see what changes may come.

"I have always felt that Wellington College has been an innovator and leader in the field of massage therapy training," Gran says. "I have always been proud of the basic massage program and how it has grown in so many different ways over the years and I am sure it will continue to do so."

Gran began his training with Abe and Don Enterprises in 1990, which took place in the Plains hospital in Regina.

After taking a break to start a family, Gran returned to the college, which had since been bought out by Randy Ellingson (Wellington College founder, director, and principal) and completed the three-year, distance education program in 1996.

Gran began instructing at Wellington in 1997 and has since seen the program develop into a more science-based curriculum in order to make students well-rounded medical professionals.

"Because my passion in the field of massage therapy is the advanced assessment and treatment protocols, I would like to see the college continue to graduate quality, highly sought after therapists and lead the way in our profession, becoming a major player in the realm of medical massage," Gran says.

For his own personal career, Gran says he is excited to stay on board with the college and continue to instruct the future of massage therapists.

"The enjoyment I get from being a small part of a student's education as well as treating students with their aches and pains is hard to put into words," Gran says.

"I can't imagine doing anything else."

For more, visit wellingtoncollege.com.

PROGRAM OPTIONS

Wellington College has two offerings for its massage program.

One is a two-year, full-time diploma program. The second is a three-year, distance education option.

Each program has one intake per year.

Wellington also offers a number of massage-related workshops throughout the year, including a massage basics course for the public.

Dale Gran, vice-principal and advanced practical instructor of Wellington College. CONTRIBUTED

Turn a passion for cooking into a career

MITT offers culinary art and design program

Manitoba Institute of Trades and Technology (MITT) is always cooking up something good for its students.

The MITT culinary arts and design program offered gives students a chance to turn their flare in the kitchen into a new career in the food service industry.

"Our culinary arts program delivers a great blend of hands-on and theory learning," says Scott Grant, culinary arts instructor.

Students start with the basic steps, for example, how to hold and use a knife.

"By the end of the program the student has the potential of being Level 1 apprenticeship credited," Grant says.

Students learn everything from basic food prep to baking, understanding meat, fish, poultry, nutrition, and hospitality basics.

A career in the food industry can be a stressful one. Students will learn to multitask while working under pressure.

SIGN UP FOR THE NEXT INTAKE

The Manitoba Institute of Trades and Technology culinary arts and design program is 10 months in length. The next intakes are February and September, with room in both.

"We give the students the tools to be industry ready in a short amount of time — in 12 months you can go from a student to being successful in the workforce," Grant says.

Students may even have a practicum placement in a local workplace, which will provide them with on-the-job training and experience where they can apply what they have learned in the classroom to a food service environment.

Upon completing the program students will have a number of career options they will be qualified to pursue, such as in hotels, hospitals, chain restaurants, and finer restaurants.

SHUTTERSTOCK

"That's what's great about our program, we give the student tools to be successful in whatever culinary career choice they make," Grant says. "For some, it's finding the first job they truly love, or becoming a head chef, and to even owning their own establishment."

For more information about this program, or MITT, visit mitt.ca.

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UWinnipeg grad thrives in human resources

First HR program to mirror new CHRP designation

CONTRIBUTED

Sadia Hashmi was passionate about human resource management and since her training through the University of Winnipeg's Professional, Applied and Continuing Education (PACE) she is in a rewarding and fulfilling career that she loves.

Hashmi is now a human resource co-ordinator with the Canadian Museum of Human Rights in Winnipeg after graduating from UWinnipeg with a diploma and achieving her CHRP designation in 2013.

"It is phenomenal to be part of this unique national project and I plan to keep furthering my career in human resources," Hashmi says.

UWinnipeg is offering the first HR program in Manitoba that mirrors the new certified human resources professional (CHRP) designation, the national standard across Canada.

PACE's human resource management is a popular diploma program with more than 1,000 graduates like Hashmi now working in Manitoba.

It is offered as a full-time or part-time program. Once students graduate they go on to write exams to attain the CHRP designation.

"PACE has now mapped its courses specifically to match the competencies required by CHRP," says Ron Gauthier, executive director of the Human Resource Management Association of Manitoba.

The next full-time human resource management program begins in May. For more information, visit pace.uwinnipegcourses.ca.

ADVERTISING FEATURE

CONTRIBUTED

Realize your dreams with Faith Learning Centre

Faith Learning Centre (FLC) offers both a literacy program and a mature Grade 12 program. More than 100 adults have graduated with a Grade 12 diploma, going on to university, college and jobs.

Some students have started at the literacy level, and then continued to complete their Grade 12. There are many courses available, with English and math at the core of the curriculum. There are a number of options, including a Bible course. Literacy has a continuous intake, while high school has two semesters. Compassionate teachers, small classes and a friendly environment are trademarks of the FLC.

Union Gospel Mission has been serving men and women in the inner city for more than 80 years, and understands their hopes and dreams. Faith Learning Centre was opened to help make a way for those hopes and dreams to be realized. As the program has grown over the years, a new school building was erected at 220 Pritchard Ave. Certified teachers teach the government certified courses. Computers and software programs are the latest available.

All men and women over the age of 18 are welcome to apply.

4 SPORTS

Alpine skiing

Vonn breaks World Cup wins record

Lindsey Vonn won a super-G on Monday for her record 63rd World Cup victory and celebrated with an embrace from a surprise visitor — boyfriend Tiger Woods.

The American broke Annemarie Moser-Proell's 35-year-old record of 62 World Cup wins with a flawless run down the Olympia delle Tofane course, finishing by a huge 0.85 ahead of Anna Fenninger of Austria.

Wearing a mask, Woods weaved through the crowd unnoticed until he shared an emotional embrace with Vonn, who had no idea that the golfer was coming.

"No way!" Vonn exclaimed when she spotted him.

Woods reportedly had a tooth knocked out when a media member with a shoulder-mounted camera surged toward the awards podium, turned and hit Woods in the mouth. THE ASSOCIATED PRESS

Moguls

Canadian men sweep podium

Mikael Kingsbury led a Canadian podium sweep in the men's dual moguls at the freestyle world championships on Monday.

Kingsbury, from Deux-Montagnes, Que., defeated Philippe Marquis of Quebec City 20-15 in the men's final for his first world dual moguls gold. Marc-Antoine Gagnon of Terrebonne, Que., completed the Canadian sweep of medals by finishing third. THE CANADIAN PRESS

Carcillo hit with a 6-game suspension

NHL. Perreault hasn't played since suffering injury from Blackhawks forward's cross-check

Daniel Carcillo will be eligible to return to the Blackhawks lineup on Feb. 6 — a date with the Jets at MTS Centre. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Blackhawks winger Daniel Carcillo has been suspended six games for cross-checking and injuring Jets centre Mathieu Perreault.

Carcillo cross-checked Perreault's left arm after the whistle during Chicago's game against Winnipeg on Friday.

A two-minute minor penalty was called on the play, but the NHL's department of player safety said this warranted supplemental discipline because it was "not a hockey play" and came when Perreault should not have expected any contact.

"It has nothing to do with the puck and the blow is delivered after the whistle has blown the play dead," Patrick Burke said in the video announcing the suspension.

"Coming up from behind the unaware Perreault, Carcillo is entirely in control of what happens. After hearing the whistle, Carcillo chooses to deliver a forceful cross check that strikes Perreault in an unprotected spot on his arm."

Perreault has not played since suffering the injury. The Jets have not said how severe it is.

Because the suspension is longer than five games, Carcillo could appeal to an independent arbitrator after the commissioner, if he chooses to. He also had a right to an in-person hearing but waived it to instead do it by phone.

This is Carcillo's ninth suspension in his nine-year NHL career. He has also been fined three times.

Burke said in the video that Carcillo's track record was of "heightened significance in this case" and that two previous fines and one suspension came as a result of stick violations.

Costly mistake

$40K

Carcillo will forfeit $40,243.92 US in salary.

Carcillo will be eligible to return Feb. 6 when the Blackhawks visit the Jets.

The 29-year-old from King City, Ont., has three goals and four assists in 31 games this season for Chicago. This is his second stint with the Blackhawks.

Carcillo has also played for the Coyotes, Flyers, Kings and Rangers. THE CANADIAN PRESS

NFL investigating Pats for deflated footballs

LeGarrette Blount had no troubles with the pigskin as he scored three touchdowns for the Patriots on Sunday. ELISE AMENDOLA/THE ASSOCIATED PRESS

The NFL is investigating whether the New England Patriots deflated footballs that were used in their AFC championship-game victory over the Indianapolis Colts.

"We are looking into it," league spokesman Brian McCarthy wrote in an email to The Associated Press on Monday. "We do not have anything further to add at this point."

The inquiry was first reported by the website of WTHR-TV in Indiana, citing an unnamed source.

The Patriots have come under scrutiny with regard to NFL rules in the past, most infamously when they were punished for videotaping sideline signals used by the New York Jets during a 2007 game.

QB comparison

In the Patriots' 45-7 win, Tom Brady threw for three touchdowns, while the Colts' Andrew Luck completed only 12 of 33 passes for no TDs and two interceptions.

Coach Bill Belichick was fined $500,000, and the team was docked $250,000 and stripped of its 2008 first-round draft pick.

According to the NFL rule book, home teams are responsible for furnishing playable balls at all times. Each team brings 12 primary balls, while home teams are required to also bring 12 backup balls.

Once the referee makes sure the footballs are properly inflated, they're delivered to ball attendants provided by the home team. THE ASSOCIATED PRESS

Bouchard on to second round

Australian Open. Genie Army of fans back in full force behind Canadian star in Melbourne

Eugenie Bouchard powered into the second round of the Australian Open on Monday as the seventh-seeded Canadian star defeated German Anna-Lena Friedsam 6-2, 6-4.

The Genie Army of fans, which came together informally at the event a year ago, was back out in force, cheering on the Westmount, Que., native throughout the 78-minute match.

"The Genie Army started here last year; I'm happy they are still alive and strong," Bouchard said after breaking her 98th-ranked opponent four times and hitting 20 winners along the way.

"The first match of a Grand Slam is never easy, I'm happy to get through," she said.

"I'm so happy to be back in Melbourne. The support here is crazy."

Bouchard broke twice per set in a routine performance against a player who beat her in an entry-level event in 2012.

"I was happy to start strong," said Bouchard.

"Conditions were tough; it was a bit windy and she's a good player. I was happy to stay solid, but there are still a lot of things to improve."

Bouchard will next face Kiki Bertens of the Netherlands, who defeated Australian Daria Gavrilova 7-5 (10-8), 5-7, 6-2.

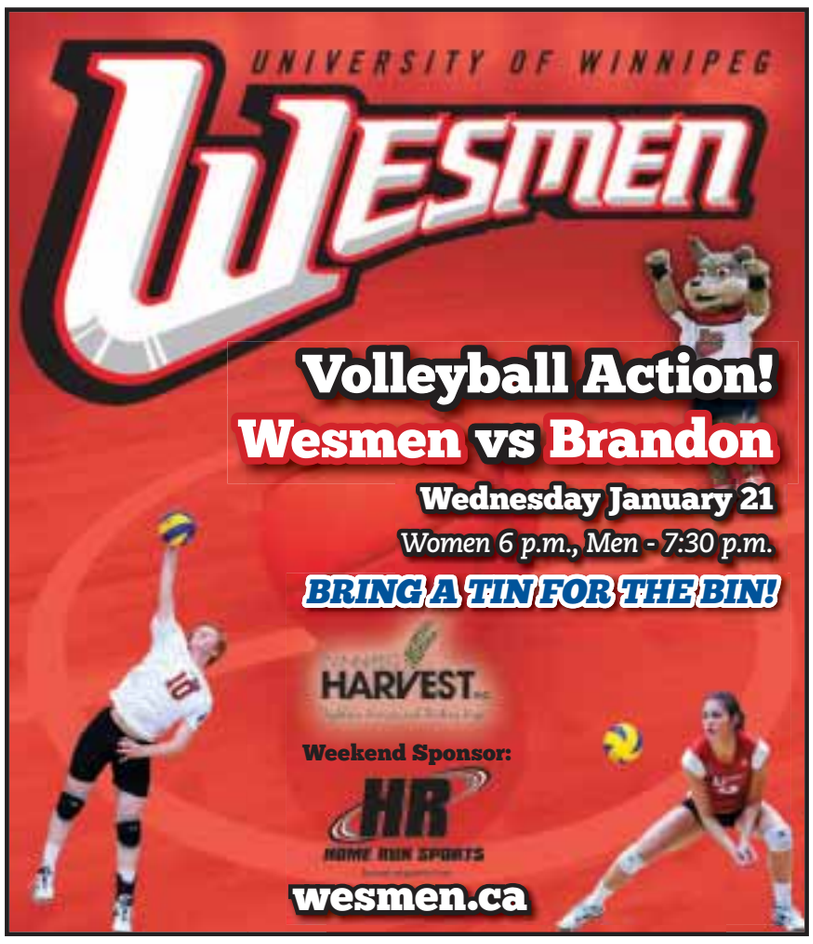
Melbourne was the venue for Bouchard's breakthrough in 2014, when she reached the final four and duplicated the showing at the French Open before playing in the Wimbledon final.

At the All England Club last year, Bouchard became the first Canadian to reach a Grand Slam final.

Two other Canadian tennis stars, Milos Raonic and Vasek Pospisil, make their first appearances at the Australian Open on Tuesday.

THE CANADIAN PRESS

Eugenie Bouchard finished off German Anna-Lena Friedsam 6-2, 6-4 in 78 minutes on Monday in Melbourne, Australia. HANNAH PETERS/GETTY IMAGES



MLB

Scherzer and Nationals ink deal: Source

Max Scherzer will become the highest-paid right-handed pitcher ever after agreeing to a $210-million US, seven-year contract with Washington, including a record $50-million signing bonus, according to a source. THE ASSOCIATED PRESS

Max Scherzer signed with the Nationals on Monday. PAUL BEATY/THE ASSOCIATED PRESS FILE

NBA

Warriors thump Nuggets 122-79

Klay Thompson scored 22 points, Stephen Curry had 20 and the Golden State Warriors matched a franchise record with their 16th consecutive home win, topping the Denver Nuggets 122-79 on Monday.

THE ASSOCIATED PRESS

NBA. Ellis, Nowitzki propel Mavs in Memphis

Dirk Nowitzki scored 21 points, including the last eight for Dallas in the final two minutes, and the Mavericks defeated the Grizzlies 103-95 on Monday in Memphis.

The Grizzlies took a two-point lead with about four minutes left, but Dallas outscored Memphis 14-4 the rest of the way.

Monta Ellis led the Mavericks with 25 points and seven assists. Chandler Parsons added 15 points but was 5 of 14 from the field. Devin Harris had 12 points off the Dallas bench, and Tyson Chandler finished with 10 points and 16 rebounds.

Mike Conley, back after missing two games with a right ankle sprain, led Memphis with 22 points. Marc Gasol scored 20, and Zach Randolph had 18 points and 15 rebounds.

Courtney Lee had 12 points on 5-for-14 shooting, and Jeff Green scored all 11 of his points in the first half.

The Mavericks led by as many as 11 and were still up by seven entering the fourth quarter. Memphis opened the period with a 9-2 run and tied it at 84, but Dallas pulled away again. THE ASSOCIATED PRESS

Mavs power forward Dirk Nowitzki defends against Grizzlies swingman Jeff Green on Monday night in Memphis. BRANDON DILL/THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You have started many new things in recent weeks and now you want to see some results.

♉ Taurus
April 21 - May 21
You may be intensely ambitious but don't expect too much too soon. A step at a time will get you where you need to go.

♊ Gemini
May 22 - June 21
So many of the things you have been worrying about will fade away over the next few days. It's doubtful whether they existed in the first place but the important thing is you feel free at last.

♋ Cancer
June 22 - July 23
The planets indicate if you work hard now you will make a name for yourself and make a handsome profit before the end of the month.

♌ Leo
July 24 - Aug. 23
There is no point trying to keep secrets from loved ones because they know you too well and can sense when you are trying to hide something.

♍ Virgo
Aug. 24 - Sept. 23
The Sun moves from one of the more serious areas of your chart today but that doesn't mean you can't have fun. You will, however, have to focus more on work and health issues.

♎ Libra
Sept. 24 - Oct. 23
You can change a number of things over the next few days but if you really want a better day-to-day experience you must change your attitude.

♏ Scorpio
Oct. 24 - Nov. 22
Put other people's needs first today and tomorrow, because if you do a favour for partners and loved ones now they will do no end of favours for you.

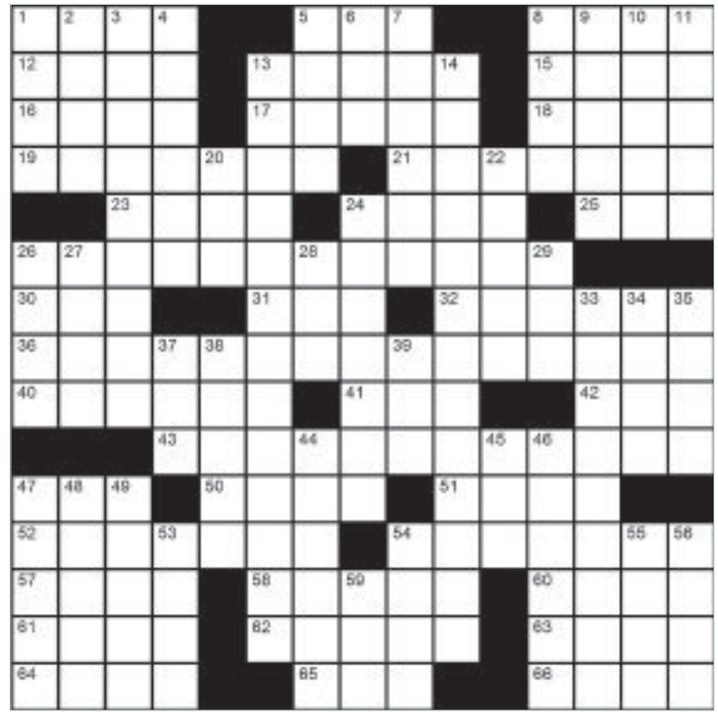
♐ Sagittarius
Nov. 23 - Dec. 21
This is a good time for traveling and having fun with your friends. Don't worry if you are a bit short of cash because you will meet up with someone who enjoys buying you things.

♑ Capricorn
Dec. 22 - Jan. 20
Your head is full of good ideas and some of them may even be great but now you need to get your act together and decide which should be followed up on.

♒ Aquarius
Jan. 21 - Feb. 19
A little bit of effort will go a long way over the next 24 hours. All things are possible if you desire them enough.

♓ Pisces
Feb. 20 - March 20
You will be in a thoughtful mood today and that's good because the more you think about certain issues now the more likely it is they will work out for you later.

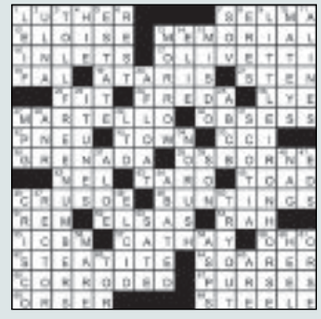
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Medieval chest
5. Dickens character
8. Pining
12. #13-Down ingr.
13. Songstress Ms. Black
15. Island of Indonesia
16. Test product
17. "I shall never see _ __ lovely as..." - Joyce Kilmer
18. Ottawa Senators Right Wing Mr. Condra
19. Pertaining to goats
21. Microsoft game console: 2 wds.
23. How music might be released: wd. + acr.
24. Person departing
25. Mr. Knight
26. 1847: M-H = __-__ (Agricultural machinery manufacturer founded in Newcastle, ON)
30. 'Meth' suffix
31. Low: French
32. High IQ society member
36. __ __ of Canada (Art program maintained by Library and Archives that depicts historic Canucks): 2 wds.
40. Lippy one
41. Time off letters
42. Jogged
43. Steven Blaney = Canada's Minister of __ __
47. Eggs, scientifically
50. US Attorney General Mr. Holder
51. Musical instrument
52. "Star Trek" alien
54. Light bulb type
57. Applaud
58. Tibet's neighbour
60. Mother: French
61. Hertz rival
62. Dentist's feared tool
63. European erupter
64. Movie company
65. Fixed
66. Canadian rebel Louis

Down
1. 'High Voltage' band
2. Ms. Perlman
3. Oscar Peterson and Glenn Gould, at times
4. Fallen-to-forest-floors findings
5. Tube
6. UN workers' gr.
7. Reflex-testing hammer
8. Wild goat
9. Futuristic card
10. "Crazy" songstress Patsy
11. Boosted
13. Coffee Crisp, for one: 3 wds.
14. Actress from London, ON who stars as Amy Fleming on CBC's "Heartland": 2 wds.
20. Beverage brrrr-er
22. Oxford University college
24. __ bypass surgery
26. Driving directions drawings
27. Buffalo type
28. Yes, in Japan
29. Prog. on Mike Myers' resume
33. Ecosystem of Tanzania famous for the land migration of wildlife
34. Smell _ __ (Be suspicious)
35. Central Park locale: acr. + acr.
37. Meal-making measurement, mini-ly
38. J.R.R. Tolkien = John Ronald __ Tolkien
39. Health supplements store
44. Ocean crossers
45. Certain ISP
46. Liza __ (Kitchener, ON born host of Global's "The Morning Show")
47. Killer whales
48. Car company
49. At full force, poetically
53. __-daisy!
54. Cease
55. Coastal bird, variantly
56. Actress Patricia
59. "American __" (1999)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	3	2	9	8	1	7	4	6
7	9	1	2	4	6	3	5	8
4	8	6	5	7	3	2	1	9
1	2	8	4	5	9	6	7	3
6	5	3	1	2	7	9	8	4
9	4	7	6	3	8	1	2	5
2	6	9	8	1	5	4	3	7
8	7	4	3	9	2	5	6	1
3	1	5	7	6	4	8	9	2

Today's Sudoku

		9	4	8		7	5	
8								
2					5			9
		2						3
4				1				5
3						9		
9			3					2
								8
	7	8		2	4	6		

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‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

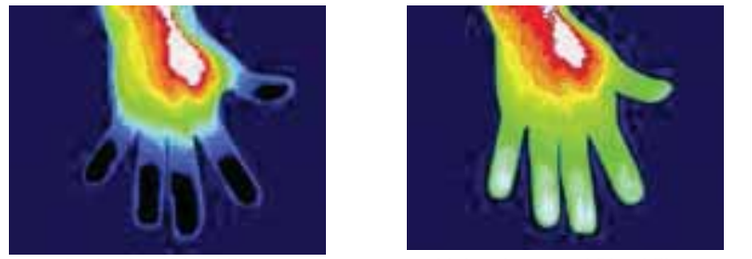
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

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